

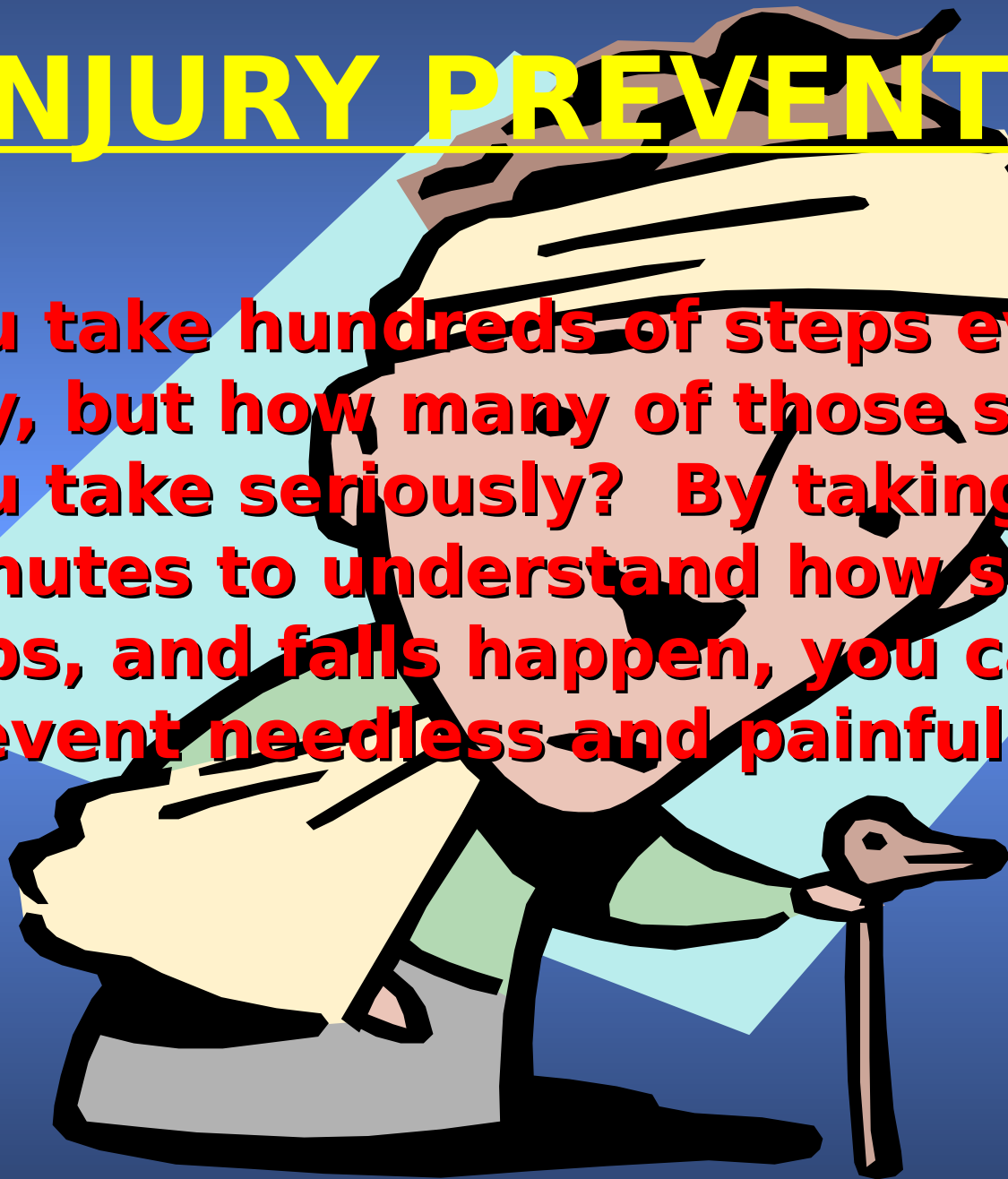
SLIPS, TRIPS & FALLS:

**HOW TO NOT GET
HURT!**



INJURY PREVENTION

You take hundreds of steps every day, but how many of those steps do you take seriously? By taking a few minutes to understand how slips, trips, and falls happen, you can prevent needless and painful injuries.



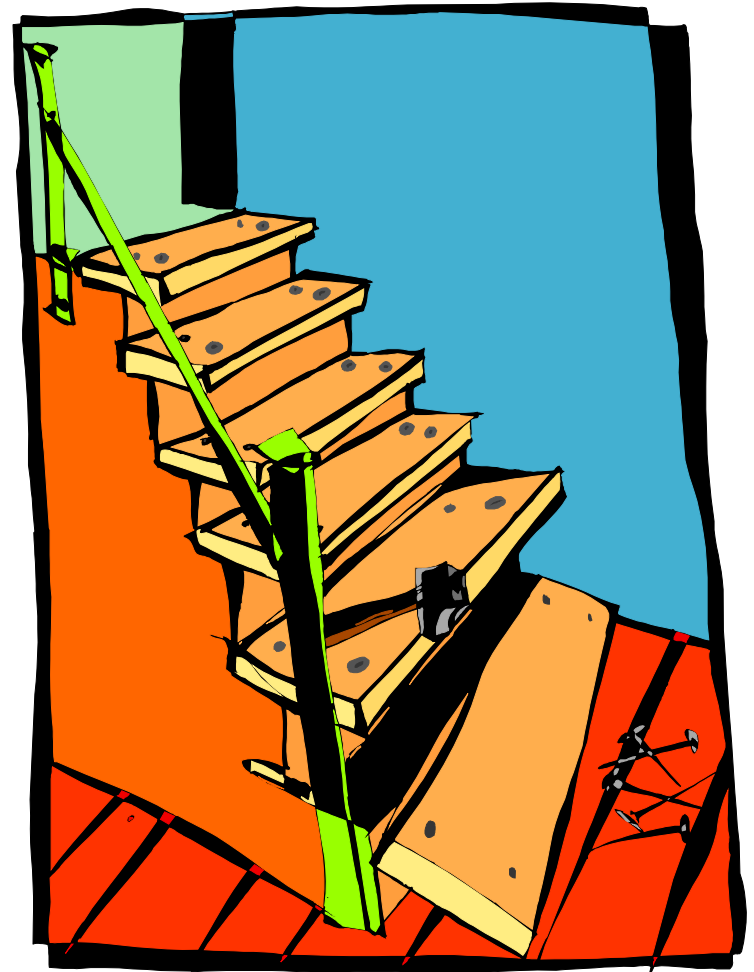
SLIPS!

- Floors may be be wet or the ground may be icy or muddy.
- Watch where you are stepping and use caution on wet floors and ice to avoid slipping.



TRIPS!

- Damaged steps or misplaced items are major factors in trips.
- Make sure that steps you use often are in good shape and clear of items that do not belong there.
- Use handrails when ascending or descending stairs.



MORE TRIPPING HAZARDS



- ✓ **Good housekeeping can go a long way towards eliminating tripping hazards.**
- ✓ **Keep work area floors free of potential hazards (tools, cables, boxes).**

FALLS!



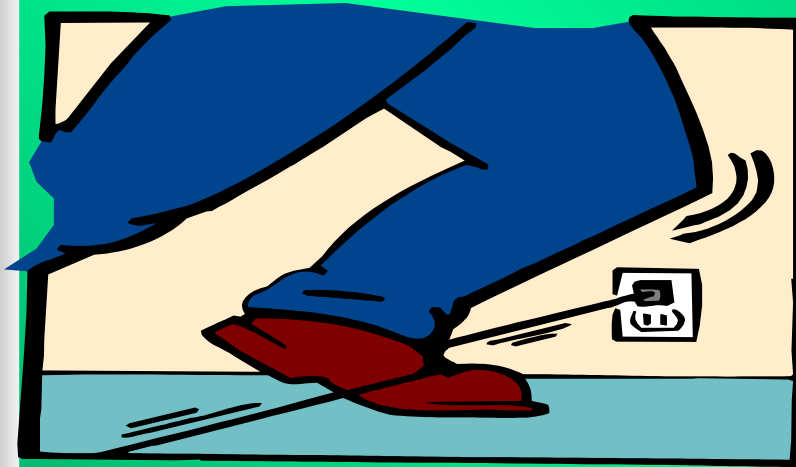
- ⇒ Eliminate the hazard when possible (e.g. broken chair, unstable ladder, etc.)
- Practice good judgement - Don't lean back in chairs, don't climb on unstable shelving or tables.

FOOTWEAR

- **Wear footwear that is in good condition and appropriate to your job function and weather conditions.**



OTHER HAZARDS

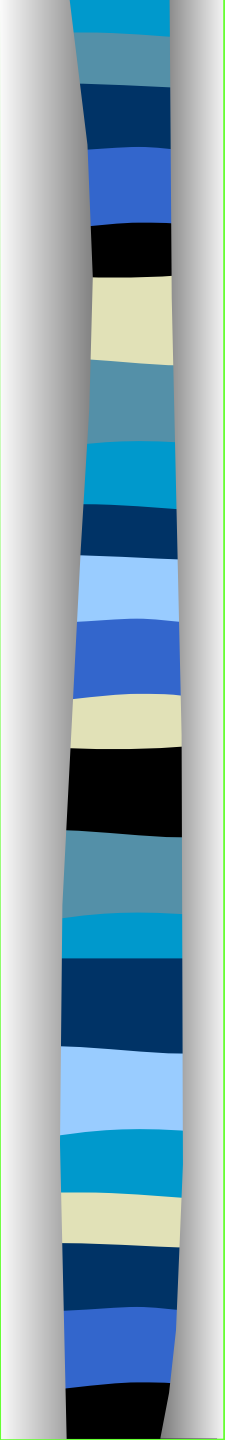


Pick up objects
and move
extension cords to
eliminate the
potential for
injury.

Prevent a potential
injury by cleaning up
spills and wet floors.

Keep aisles and
walkways clear of
clutter or
obstructions.





If a person trips and
someone jokes, “Have a
nice trip? See you next
fall!” it’s only funny if no
one gets hurt!